



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 19094, Desserts, flan, caramel custard, prepared-from-recipe

Report Date: June 26, 2017 17:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	68.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kcal	145	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	609	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein	g	4.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Total lipid (fat)	g	4.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Ash	g	0.62	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carbohydrate, by difference	g	22.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Sugars, total	g	23.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Minerals													
Calcium, Ca	mg	83	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Iron, Fe	mg	0.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Magnesium, Mg	mg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Phosphorus, P	mg	96	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Potassium, K	mg	118	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Sodium, Na	mg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Copper, Cu	mg	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Manganese, Mn	mg	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Selenium, Se	µg	8.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Thiamin	mg	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Riboflavin	mg	0.210	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Niacin	mg	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Pantothenic acid	mg	0.514	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin B-6	mg	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Vitamin B-12	µg	0.36	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin A, RAE	µg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Retinol	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Cryptoxanthin, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin A, IU	IU	161	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Lutein + zeaxanthin	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Lipids													
Fatty acids, total saturated	g	1.799	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
4:0	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
6:0	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
8:0	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
10:0	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
12:0	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
14:0	g	0.196	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
15:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:0	g	0.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
17:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.387	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
24:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total monounsaturated	g	1.266	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
14:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:1 undifferentiated	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:1 undifferentiated	g	1.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:1	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fatty acids, total polyunsaturated	g	0.392	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:2 undifferentiated	g	0.302	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:3 undifferentiated	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:4 undifferentiated	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
20:5 n-3 (EPA)	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
22:6 n-3 (DHA)	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Cholesterol	mg	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Other													
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006